



**Oct. 31, 2011**

# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the island intranet under "Information" and on the installation website at [www.ria.army.mil](http://www.ria.army.mil) under "About USAG-RIA" and then "News" and "Local News."

**Island Insight Submission:** <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

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## McQuiston Takes Reins of Army

**Sustainment Command:** Maj. Gen. Patricia McQuiston became commanding general of the U.S. Army Sustainment Command during an Oct. 28 change of command ceremony on Memorial Field. McQuiston took command of ASC from Maj. Gen. Yves Fontaine, who had served as commanding general since Sept. 2009. In a retirement ceremony following the handover, Fontaine was honored for

more than three decades of service. Gen. Ann Dunwoody, commanding general of the U.S. Army Materiel Command, presided over both ceremonies. Marking the change of command in time-honored fashion, Dunwoody received the ASC colors from Fontaine, then passed them to McQuiston. With her position as commanding general established, McQuiston then passed the flag to ASC's top enlisted Soldier, Command Sgt. Maj. Stephen Blake, for

safekeeping. "Today's ceremony is a little different than the traditional passing of the colors," said Dunwoody, "because we are also retiring a great American, a great patriot and a great Army Soldier." Dunwoody remarked that Fontaine had accomplished much in his brief two years in command. ([More](#))



**Arsenal Garrison Told to Trim Its Work Force by About 75:** A plan to cut the size of U.S. Army garrisons is causing ripples on the Rock Island Arsenal. The Installation Management Command, which oversees the Arsenal garrison, has called for a reduction in staff size. That means the garrison, which was at 309 positions in June, has been directed to reduce its size to 235 people. Employees were told of the news Wednesday. The reductions have to be completed by Sept. 30, 2012, and they come as the military tightens its belt amid the country's budget and economic woes. "Everybody's going to have to chip in from the federal government," said Joel Himsl, the garrison manager. Garrison officials say they won't lay off anybody. Instead, they'll offer early retirement and separation incentives, as well as seek to trim the work force through attrition. ([More](#))



**TSP Contribution Cap to Increase To \$17K:** In 2012, you will be able to contribute up to \$17,000 to your Thrift Savings Plan. That's \$500 more than what you can currently put in. The cap is the tax deferred amount you can put into

your TSP each year, said Tom Trabucco, director of external affairs at the Federal Retirement Thrift Investment Board, in an interview with In Depth with Francis Rose. ([More](#))

**Army Child Care Fees Increase for 2011-2012 School Year:** Fees for Army child care and related child and youth programs increase between now and Dec. 1 as part of a phased program designed to reduce the impact of a changed Department of Defense policy. The second step in a three-year program to align Army fees to the 2010 DoD fee policy, the Army child care fee policy for school year 2011-2012 increases most fees by \$4 to \$8 per week. ([More](#))



**Cuts to Federal Pay May Hurt Public Services, CBO Warns:** Supercommittee to federal pay would hurt government programs down the road, the Congressional Budget Office director warned the supercommittee, tasked with cutting the federal deficit. Doug Elmendorf offered this warning during a rare public hearing of the Joint Select Committee on Deficit Reduction, which is supposed to unveil its deficit-cutting plan by Nov. 23.



## Upcoming Dates

**Nov. 2:** Palindrome Day [📅](#)  
**Nov. 2:** Plan Your Epitaph Day  
**Nov. 3:** National Cliché Day  
**Nov. 3:** Start! Eating Healthy Day! [📅](#)  
**Nov. 4:** National Men Make Dinner Day [📅](#)  
**Nov. 5:** Sadie Hawkins Day  
**Nov. 6:** Daylight Saving Time Ends [📅](#)  
**Nov. 6-12:** National Animal Shelter Appreciation Week [📅](#)  
**Nov. 7-11:** Kids' Goal Setting Week [📅](#)  
**Nov. 8:** National Parents as Teachers Day [📅](#)  
**Nov. 8:** National Young Readers Day [📅](#)  
**Nov. 9:** 22<sup>nd</sup> Anniversary, Fall of the Berlin Wall [📅](#)  
**Nov. 10:** 236<sup>th</sup> U.S. Marine Corps Birthday [📅](#)  
**Nov. 11:** Veterans Day (*Federal Holiday*) [📅](#)  
**Nov. 11:** 91<sup>st</sup> Disabled American Veterans Birthday [📅](#)  
**Nov. 11:** Take a Veteran to School Day [📅](#)  
**Nov. 11:** 73<sup>rd</sup> Anniversary of First Performance of "God Bless America" [📅](#)  
**Nov. 12:** World Pneumonia Day [📅](#)  
**Nov. 13-19:** American Education Week [📅](#)  
**Nov. 13-19:** National Stress Out Week  
**Nov. 14-18:** Bullying Awareness Week  
**Nov. 15:** America Recycles Day [📅](#)  
**Nov. 15:** National Invite Parents to School Day [📅](#)  
**Nov. 16:** National Educational Support Professional Day [📅](#)  
**Nov. 17:** National Unfriend Day [📅](#)  
**Nov. 17:** Great American Smokeout [📅](#)  
**Nov. 19:** National Ammo Day  
**Nov. 19:** 21<sup>st</sup> Anniversary, End of the Cold War  
**Nov. 19:** Family Volunteer Day [📅](#)  
**Nov. 19:** 148<sup>th</sup> Anniversary, Gettysburg Address  
**Nov. 24:** Thanksgiving Day (*Federal Holiday*)  
**Nov. 25:** National Day of Listening [📅](#)  
**Nov. 25:** Black Friday  
**Nov. 25:** Buy Nothing Day [📅](#)  
**Nov. 28:** Cyber Monday [📅](#)



"Lowering pay rates for federal civilian employees could hamper efforts to recruit and retain workers [particularly in some occupations], which could reduce the overall skill level of the federal workforce over time," Elmendorf said in his written testimony. "Having fewer federal workers would probably lower the levels of service that federal agencies provide to the public, unless cuts in the agencies' workforce were accompanied by actions to enhance productivity." ([More](#))

### **How a FERS Phaseout Could Work:**

A proposal from the chair of the House committee overseeing the federal workforce to phase out the FERS system would have implications for current employees as well as for those hired in the future. Rep. Darrell Issa, R-Calif., surprised employee organizations with his recommendation to the congressional debt-cutting super committee; although others had proposed ending FERS for future hires, he had not previously laid out such a plan. ([More](#))



### **Supercommittee Turns to U.S. War Spending as Clock Ticks:**

There is little time left for the Joint Select Committee on Deficit Reduction, known as the

supercommittee, to come up with a plan to find \$1.2 trillion to reduce the deficit. If its fourth public committee hearing is anything to go by, the group has an enormous amount of work to do and political obstacles to overcome. Plus, the Congressional Budget Office has just stepped up the pressure. ([More](#))

### **Congress May Pass Another Short-Term Government Spending**

**Measure:** For the sixth time in 2011, Congress may pass another short-term spending measure to keep financing the U.S. government while lawmakers work to complete annual appropriations legislation, lawmakers said. The stopgap legislation would fund the government from the Nov. 18 expiration of the current spending authority until sometime before Congress begins its annual holiday recess in late December, House Appropriations Committee Chairman Hal Rogers told reporters. ([More](#))



### **Postal Service Sets Holiday Mail**

**Deadlines:** The United States Postal Service and Military Postal Service Agency have released deadlines to ensure packages arrive to Military and

State Department post offices overseas by Dec. 25, 2011. Deadlines to ensure arrival by Dec. 25 are Nov. 12 for parcel post mail; Nov. 26 for space-available mail; Dec. 3 for parcel airlift mail; Dec. 10 for priority mail and first-class mail, letters and cards; and Dec. 17 for express mail military service. ([More](#))

### **Federal Health Benefits Open Season:**

Federal Health Benefits Open Season for 2012 plan year starts **Nov. 14 – Dec. 12**. Employees may enroll or change existing plan under Federal



Employee Health Benefits, Flexible Spending Account, and Federal Employee Dental & Vision insurance Plan. Find more information about these programs at [www.opm.gov](http://www.opm.gov). POC: Amber Ehrecke, (309) 782-1206

### **End of Year Leave Donations:**

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be



received in the CPAC no later than **Dec. 14**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are schedule to work and receive pay. POC: [Janine Couppee](#), PECH-NCR-E, (309) 782-1278.

## CAC/Military ID Card Services

**Survey:** In an effort to ensure that the Garrison is providing the services needed by our Military population, Garrison HR office would like to hear from you regarding any need you may have for CAC/Military ID Card services outside current office operating hours.



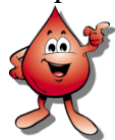
The ID Card office in Bldg. 23 currently opens for appointments at 6:30 a.m. and closes for appointments at 3 p.m., with an additional half hour to cover lag time and walk-ins. The office is staffed until 4 p.m. in order to cover any customers with late appointments and to accomplish required end of day closeout activities. We would like to hear from you if you believe that it would be

beneficial to have one day a pay period including "extended operating hours". This option may offer hours available for appointments through 4:30 p.m. in order to accommodate Family Members who may not be available during the current office operating hours. Please send an [e-mail explaining your preference](#) by Friday, **Nov. 4** if this accommodation would benefit you. Results of the survey will be published in the Island Insight the week following the suspense date.

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Thursday, Nov. 10, 10 a.m. – 12 p.m.** If



you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A 3<sup>rd</sup> shift blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 2**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



*The Truth About Donating Blood! Excuse: Plenty of people*

*donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.*

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

**Travel Warning – Mexico:** The Department of State has extended their travel warning to inform U.S. citizens traveling to Mexico about the security situation in Mexico. It is



imperative that travelers understand the risks involved in travel to Mexico and how best to avoid dangerous situations. Common-sense precautions such as visiting only legitimate business and tourist areas during daylight hours, and avoiding areas where criminal activity might occur, can help ensure that travel to Mexico is safe and enjoyable.



Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, the USAG-RIA ATO will serve as your POC.

## **Travel Warning – Democratic Republic of the Congo:**

The U.S. Department of State alerts U.S. citizens to the potential for unrest or disruptions surrounding the presidential and parliamentary elections scheduled for **Nov. 28**, in the



Democratic Republic of the Congo (DRC). U.S. citizens planning to travel to the DRC before, during, or immediately following the elections should monitor local news, assess local conditions and travel routes, and consult the Embassy's website for Emergency Messages to U.S. Citizens when making travel plans. When the official campaign season officially began on **Oct. 28**,

political rallies and demonstrations may become more commonplace. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

## **Special Veterans Day Hours at the Colonel Davenport House:**

The Colonel Davenport House, located on the north shore of Arsenal Island, will be open for special hours on Friday, **Nov. 11**, for Veterans Day after the 1 p.m. Arsenal's cemetery ceremony. The Colonel Davenport House will be open from 1:30-4:00 p.m. Guides will be available to answer questions. The gift shop will also be open, selling Early American items like toys and candle molds, souvenirs, and books, including two that give information about Colonel George



Davenport and his military service, new books about the Mississippi River, and Mississippi River mud t-shirts.

## **QC Mallards Veteran Appreciation**

**Night:** The Quad City Mallards are holding a Veterans Appreciation Game on Friday,

**Nov. 4** at

7:05 p.m.

Tickets for

Veterans are

just \$5. Tickets

for active military,

Arsenal employees and friends and

family of veterans are available for \$9

(upper bowl) and \$13 (lower bowl). Just

call the number below to get your

tickets. On Veterans Appreciation Night

the Mallards will honor those who have

served in the armed forces during the

Flock's game against the Dayton Gems.

That contest, the Mallards' final home

game before Veterans Day, faces off at

7:05 p.m. Single game tickets for all of

the Mallards' regular season contests-

including Friday's game, are now

available. Fans can contact the Mallards

at (309) 277-1364 or

[tickets@myqcmallards.com](mailto:tickets@myqcmallards.com) for more

information about both season and

single game tickets. Single game tickets

are also available at the iWireless Center

box office. The box office is open



weekdays from 10 a.m. to 5:30 p.m., on Saturdays from 10 a.m. to 2:30 p.m. and on game days from 10 a.m. until the start of the second period.

## **November Trivia Night at Heritage**

**Hall:** Call up to nine of your friends and join us for our monthly trivia at Heritage Hall, Bldg. 60. Cost is \$10 per player with mulligans and double bonus available. Food & drink available. Prizes for 1<sup>st</sup>-3<sup>rd</sup> place. Open to everyone. Call (309) 782-6319 for details.

Date: **Thursday, Nov. 17**

Time: **6 p.m.**

**WID Wisdom:** WID Wisdom lunch-n-learn with the National Active and Retired Federal Employee association. McArthur will present the purpose, services, and benefits of NARFE that will affect your retirement. Sign up in [TEDs](#) for 1 CLP or at [womenndefense\\_ria@yahoo.com](mailto:womenndefense_ria@yahoo.com). No charge. Session starts at 11:30 a.m. in Caisson Room, Bldg 60.

Date: **Wednesday, Nov. 9**

Time: **11:30 a.m. - 12:30 p.m.**

## **Esprit de Corps Toastmasters**

**Meeting:** Are you interested in improving your public speaking skills or ability to field questions extemporaneously. Do you need and

educational and friendly environment? Come to our meetings 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month, Clock Tower Building.

Time: **11:45 a.m. - 1 p.m.**

## **Colonel Davenport House Hosts**

**Trivia Night:** The Colonel Davenport Historical Foundation hosts its first trivia night on Saturday, **Nov. 12**, at the Arsenal Island Cafeteria in Bldg. 60. Doors open at 6 p.m. and trivia starts at 6:30 p.m. It will be \$10 a person (or \$80 a table).

Individual reservations will be placed where they can. There will be gift baskets on which to buy chances and a 50/50 drawing. Food will be available for purchase and cannot be brought in. Cash bar also available. Cash prizes will be awarded for first, second, and third places. The format will be the typical trivia night format of ten rounds of questions with ten questions in each round. Reservations can be made by calling Judy Tumbleson at (309) 786-5980 or (309) 738-8547 cell or call with any questions. For more information, visit [www.davenporthouse.org](http://www.davenporthouse.org).

**Death Notification:** Anyone with debts owed to or by the estate of Sgt. First



Class Frederick A. Thompson must contact Capt. Brent Irish, the Summary Court Officer for the Soldier. Thompson passed away at Bettendorf, Iowa, on Sept. 26. Call Irish at (309) 782-2264 or e-mail [brent.r.irish.mil@mail.mil](mailto:brent.r.irish.mil@mail.mil)

## **Arsenal Attic Thrift Shop &**

**Boutique:** Thrift Shop hours are every Tuesday and Thursday 9 a.m. to 3 p.m. and Saturday, **Nov. 19**. Christmas holiday decorations are now on sale along with nice artificial trees at reasonable prices. All trees are assembled – some are for sale already decorated. Thanks to all of you who support your Thrift Shop. POC: (309) 782-6977.

**Post Employee November Discount:** A local downtown Davenport business is selling meal replacement smoothies and they're offering the



Arsenal Workforce a deal. [Downtown Fusion](#), at 110 E. 2<sup>nd</sup> St., is giving \$1 off the usual \$6 to the Arsenal Workforce. During the month of November for \$5, Arsenal Island employees will get a shot of aloe, a 12 oz hot tea or 16 oz cold tea, and a 16 oz smoothie meal replacement.



**Arsenal Workforce Discount:** Bayside Smoothies, a local family-owned business, is giving all Arsenal Island employees a 10 percent discount off of purchases at their location at 2730 W. Locust Street in Davenport. Patrons can call their orders ahead at (563) 391-6360 for pick-up. To see their menu check out [their website](#).



## Arsenal Traffic/Construction



### **Clarification – Davenport and Rock Island Gate Hours of Operation**

**Change:** 1. The Davenport Gate will NOT be open Monday through Friday, between 8:15 a.m. and 2 p.m. The Davenport Gate will only be open for the morning rush between 5:30 a.m. and 8:15 a.m., and will reopen for the afternoon rush between 2-5:30 p.m. ... Monday-Friday only. Access and exit at the western end of the Island will occur through the Rock Island Gate between 8:15 a.m. and 2 p.m. 2. The Davenport Gate will NOT be open between 5:30 p.m. and 5:30 a.m., 7 days a week. The



Rock Island Gate will be open. 3. The Davenport Gate will NOT be open on Saturdays or Sundays. The Rock Island Gate will be open. 4. The Rock Island Gate will be open 24 hours a day, 7 days a week, 365 days a year. Historically, the Rock Island Gate was open for limited hours for morning and evening rush during the work week with Davenport serving as the 24/7/365 gate. A rotation of the open gate on the western end of the Island is what is occurred on Oct. 31. 5. All traffic entering Rock Island Arsenal from the western end of the Island between 8:15 a.m. and 2 p.m. can enter from Iowa through the Rock Island Gate by turning left off of Fort Armstrong Road when traveling from Iowa, or, from Illinois by turning right from Rock Island along Fort Armstrong Road when headed across the viaduct from Rock Island. 6. When the Davenport Gate is closed, transit to and from Iowa can still be gained across the Government Bridge or via the Centennial Bridge. No changes in accessibility to Iowa are occurring, just a change of which gate you enter and depart the Arsenal. 7. In addition to the Rock Island Gate, the Moline Gate remains open 24 hours a day, 7 days a week, 365 days a year. 8. When closed, a sign will be placed at the Davenport Gate directing traffic to the Rock Island

Gate. Any further questions can be directed to [Jonathan Ramsdell](#).

### **Replace Curb Gutter and Sidewalk:**

There will be a complete closure of the sidewalk which runs along the west side of Bldg. 390. The extent of work is approximately from the north access gate to the south exit gate. The closure is necessary to replace deteriorated concrete and will remain closed through **Nov. 14**. Please utilize the sidewalk on the west side of Pershing St. West. Wet weather may delay the finish date. We apologize for any inconveniences. POC: Randy Brockhouse, (309) 782-2153.

### **Sidewalk Closure, Southside of Bldg.**

**60:** There will be a closure of the sidewalks located on the south side of Bldg. 60. This will include the closure of the entrance located on the southwest side of Bldg. 60. The contractor will be replacing small sections of sidewalk at a time around the main entrance to the cafeteria so that the handicap entrance will remain open at all times. There will be no need to use the credit union entrance. We apologize for any inconvenience. The sidewalks are being closed for repairs due to deterioration and the risk of trip hazards. The closures began on Thursday, Oct. 20, and are



expected to last until **Nov. 17**. POC: Randy Brockhouse, (309) 782-2153.

## **Removal of Bldg. 86 & Associated Temporary Parking Changes:**

Effective Sept. 6, the Garrison Public Works Directorate will remove Bldg. 86 (former Bachelors Officers' Quarters) located on the north end of East Avenue. A new parking lot will be installed. This work is scheduled to be completed Wednesday, **Dec. 1**. All parking located on East Avenue, north of Rodman Avenue, Lots OP and OR, will not be available during deconstruction and reconstruction of this project. Please forgive this temporary inconvenience. Once completed, this project will provide additional parking on the northeast side of the Island. Open parking is available in Lots OJ, OK and OL located behind Bldg. 60 and Lot OI behind Memorial Field. Any delays or early completion updates will be announced on an as-needed basis. If you have any questions, please call Marilyn Miller, parking coordinator, at (309) 782-2715.

## **Building/Space Closures**

**No Hot Water in Restroom 62-B-6:**  
Due to the repair of a water heater leak,

there will be no hot water until further notice in Restroom 62-B-6 (Bldg. 62-Basement). POC: Joe Gumpert, (309) 782-1389

## **Active Duty/Reserve Zone**

**Military Children Asked to Create Holiday Cards for Parents, White House:** The First Lady, Michelle Obama, is asking military children from around the globe for some personal contributions to the finishing touches on the White House decorations this holiday season. The request is for military children to submit 5x8" handmade holiday cards with words of appreciation for their military parents, as well as pictures and drawings. The White House will display as many of the cards as possible. ([More](#))

**Nation Honors Military Families' Sacrifices:** November is Military Family Appreciation Month, with the Army continuing its focus on building strong, resilient families. Throughout November, families will be recognized and honored in various ways on and off post. Community leaders, businesses and installations are teaming up to sponsor special activities: open houses;

Family Fun Nights; dinners; festivals; and sporting-event nights. Overall, the Army campaign for Military Family Appreciation Month, with a theme of "Taking Care of Those Who Care for You," aims to thank Army families for their sacrifices. Lt. Gen. Rick Lynch, commander of Installation Management Command, noted in his recent column that the Army recognizes the strain families have experienced since 9/11. ([More](#)) ([StandTo!](#))

**myPRIME:** myPRIME is an online alcohol and substance abuse prevention and intervention training tool that provides Soldiers with the ability to self assess their own high-risk behaviors and influence changes in attitude, belief, and behavior. Modeled after the successful classroom-based training program and current Army Drug and Alcohol Prevention Training curriculum, PRIME for Life, myPRIMEs online training enables the Army to better serve deployed and geographically dispersed Soldiers. ([More](#))

## **Safety Spotlight**

**Change Clocks, Change Batteries; Dead Batteries Can Lead to Deaths:**  
The U.S. Consumer Product Safety



Commission (CPSC) is reminding consumers when changing clocks this weekend to change the batteries in smoke alarms and carbon monoxide (CO) alarms, too. Daylight Saving Time ends on Sunday, November 6 this year. "Smoke and carbon monoxide alarms save lives by alerting you to a fire or CO buildup. They can't do their job if the batteries aren't working," said CPSC Chairman Inez Tenenbaum. "Protect your family by replacing smoke and CO alarm batteries at least once each year." In addition to changing batteries every year, CPSC recommends consumers test their alarms monthly. Place smoke alarms on every level of the home, outside sleeping areas, and inside each bedroom. About two-thirds of fire deaths occur in homes with either no smoke alarms or smoke alarms that don't work. ([More](#))

## **Walkers, Runners -- Use Bldg. 90 Sidewalk, Not Street:**

Attention walkers and runners ... portions of East Avenue (by Bldg. 56) are barricaded due to construction. Please use the sidewalk in front of Bldg. 90 to walk or run. Please do not walk or run in the street. Your safety is our utmost concern.

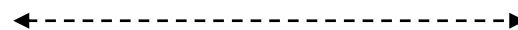
## **Equal Opportunity Focus**



**Native American Observance:** First Army and the Army Sustainment Command's Equal Opportunity Office invites you to our National Native American Heritage Month Observance, **Nov. 7, 11:30 a.m. - 1 p.m.**, at Heritage Hall, in Bldg. 60. Guest speakers will be Regina Tsosie and Larry Lockwood.



Register in [TEDs](#) using keyword "Native American Observance." For any additional information or accommodations please contact [Sgt. First Class Evadne Benson](#) at (309) 782-9060 or [Sgt. First Class Willie Jordan](#) at (309) 782-3021.



## **Morale, Welfare & Recreation (MWR)**



**Morale, Welfare & Recreation (MWR):** Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up

to date on all the great MWR offerings here at the Arsenal.

## **Fitness Center League Information:**

Volleyball and Basketball Leagues will be starting the week of **Nov. 28**. Beginning this week, packets will be available for pick up. Packets must be turned in by **Nov. 16**. Racquetball League to start **Jan. 3** – sign up will be available starting **Dec. 5**.

**Discount Fall Golf Rates:** Effective Oct. 24, all golf greens and cart fees will move to the 9-hole rate. What does this mean exactly? It means you can play all 18 holes of this beautiful and historic course for only the 9-hole rate all day long. Check out our website for more information on the course and rates. ([More](#))

**Now Accepting Nominations for the 2012 U.S. Army Soldier Show:** Army Entertainment is seeking technicians and performers for the U.S. Army Soldier Show, USA Express and Army Concert Tour. Auditions open to all Soldiers (Active, Reserve, Guard) with sufficient time in service remaining. Reserve and Guard Soldiers will be activated for the duration of the performance schedule. All qualified applicants are screened by a panel of industry professionals, BOSS



representatives and military community leaders. Selection is based on talent and ability to represent the Army in appearance, level of physical fitness and military bearing. Top candidates attend a live audition and evaluation process at Fort Belvoir. ([Flyer](#))

## **New Session of Fitness Center Classes and Refer-a-Friend Promotion:**

Exercising is great, but its better with a friend so bring along a friend (or two) to your next Fitness Center Class and receive a free pedometer. If your referral ends up signing up for at least three of the remaining classes, they also receive a pedometer and you get a Spinning water bottle as a referral bonus.

Available classes include rowing, total body conditioning, Spinning, strength conditioning, yoga, and Spinning/Core. Call (309) 782-5124 for more info. ([Flyer](#))

## **Want to Win a Free Oil Change?:**

Please take a few minutes to tell us what you think about the Auto Skills Shop. For your time taking the survey, we'll enter you into a drawing for a free oil change. ([Survey](#))

**Now Accepting Vendor Applications for the 2011 Holiday Fair:** Do you have arts or crafts or some other sort of

product that you'd like to sell at the annual Holiday Fair on **Nov. 16 & 17?** If so please [download the application form](#) and return it to the Leisure Travel Office in Bldg. 60. Call (309) 782-5890 for more info.



## **MWR Leisure Travel Office**



**Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

**Disney On Ice:** Leisure Travel has discounted seats for **Dec. 3-4** to Disney on Ice at the iWireless Center. Disney On Ice sets the gold standard with its newest skating spectacular. Get tangled up in Disney's 50<sup>th</sup> animated feature with Rapunzel and Flynn.

## **Junie B Jones: Jingle Bells, Batman**

**Smells:** The holiday sing-along should be fun, but when it's time for the Secret Santa drawing, Junie B. picks the one person she'd rather not have a tattletale May, and learns an important lesson about giving. Discounted seats are \$11. Date: **Saturday, Dec. 17**  
Time: **10 a.m.**

## **Adler Theatre Presents: Young**

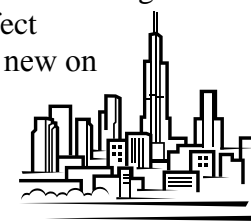
**Frankenstein:** The classic Mel Brooks movie is alive ... and it's headed here! You'll have a monstrosously good time at the new Mel Brooks musical Young Frankenstein, winner of the 2008 Outer Critics Circle Award and the Broadway.com.

Date: **Sunday, Nov. 13**

Time: **7 p.m.**

## **Downtown Chicago Shopping Bus**

**Trip:** Shop on the famous Michigan Avenue. Find the perfect restaurant, see what's new on the shopping scene and stay informed on the incredible events that make The



Magnificent Mile 'One of the Great Avenues of the World'. Contact your Leisure Travel Office at (309) 782-5890 for more information. Date: **Saturday, Dec. 3**  
Time: **6:30 a.m. – 8 p.m.**

**Woodfield Mall Bus Trip:** Woodfield has the finest collection of department stores and specialty shops in the Great Lakes region including Nordstrom, Macy's, Lord & Taylor, JcPenney, Sears and nearly 300 stores and restaurants. Call the Leisure Travel office at (309) 782-5890 for more information.



Date: **Saturday, Nov. 12**

**Need a Vacation?**: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

## Child, Youth & School Services

Ⓒ  
**Army Child Care Fees Increase for 2011-2012 School Year**: Fees for Army child care and related child and youth programs increase between now and Dec. 1 as part of a phased program designed to reduce the impact of a changed Department of Defense policy. The second step in a three-year program to align Army fees to the 2010 DoD fee policy, the Army child care fee policy for school year 2011-2012 increases most fees by \$4 to \$8 per week. ([More](#))

**SKIESUnlimited Martial Arts**: SKIESUnlimited is offering Martial Arts for 6-18 years old. Fall classes will be held Tuesdays and Thursdays through **Nov. 29**, 5-5:55 p.m. Please contact (309) 782-5969 for additional information.

**Child Care Spaces Still Available**: Are you looking for top quality, affordable and convenient child care? Child, Youth & School Services currently has spaces available for Full & Part-time Preschool age care. Call (309) 782-0791 for more info and to reserve your space.

## Army Community Service (ACS)

Ⓒ  
ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



**November is Military Family Appreciation Month**: In celebration of Military Family Appreciation Month get your Military Family photo taken for free, **Nov. 11-13**. Contact Army Community Service at (309) 782-0829 to schedule your appointment. Time: **9 a.m. - 5 p.m.**

**We Need Your Help**: It is once again time for the Army Family Action Plan Annual Conference. We are again

asking you to submit any issue that you feel needs to be addressed by the Conference delegates. Go to [www.ria.army.mil](http://www.ria.army.mil). Click on: ACS and then AFAP Feedback. Help us help you. Submit an issue today.

**Newcomer's Briefings Schedule**: New to the Island and want to know all that there is to do and what's available to you here at Rock Island? If so, make sure to get signed up for one of the upcoming newcomer's briefings. Upcoming dates are: **Dec. 1 & Jan. 26**. Call ACS at (309) 782-0816 or stop by the office in Bldg. 110 for more info and to sign up.

**Connections in Southern Illinois: Bringing Families of the Fallen Together**: Please join us on **Nov. 5**, 10 a.m. - 4:30 p.m., at Southwestern Illinois College in Belleville, Ill., for a day full of opportunities for families to come and attend seminars, participate in interactive therapies, or meet with other friends and families. Designed for all ages and relationships - children, teens, siblings, spouses, parents, and others; counselors and child care will be available; create a traveling memorial; share ideas for future events. Be sure to arrive at 9 a.m. when the day's seminar and other activity registration begins. ([More](#))



**Special Needs Inclusive Recreational Activities:** The Quad City Sled Hockey Association is a co-ed, multi-age, inclusive sport that welcomes all persons with and without a disability. It is a sport that allows play between siblings, neighborhood friends; you can even play with your parents, teachers, and coaches. The new season has just started with plenty of time to join the fun, friendship, and opportunity for individuals of all ages and abilities to experience the benefits of team sport activities. For more information, check out [Facebook](#) or contact the Exceptional Family Member Program Manager at (309) 782-4736 or [Janice.n.saito.civ@mail.mil](mailto:Janice.n.saito.civ@mail.mil).

## Employee Assistance Program

© **Employee Assistance Program:** For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to [www.riamwr.com](http://www.riamwr.com) or [Facebook](#).

**Anonymous Online Mental Health Screening -- November 2011:** The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. ([More](#))

**Smoking Cessation Group:** Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 110, 1<sup>st</sup> floor, SE wing.

**PTSD Support Groups:** Is the quality of your life being affected by Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are

sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

## Education/Training Review

© **Army Continuing Education Services:** Army Continuing Education Services has new hours from 7 a.m. – 4 p.m., Monday through Friday. We are located in Bldg 56, 1<sup>st</sup> floor. We would like to introduce our new Guidance Counselor, Stephanie Allers and new Education Technician, Jessica Shepherd. If you required assistance please stop by or call us at (309) 782-2065.

**ACES Testing:** Army Continuing Education Services will be providing Testing (APT/Academic) at the Army Education Center in Bldg. 56, 1<sup>st</sup> floor every Thursday, 8:30 a.m. – 3:30 p.m. Testing is only provided by appointment only to ensure space availability and instruction on required documents and information. Please call Jessica Shepherd, Test Examiner (309) 782-1055/2065.

## Defense Commissary Agency / PX





The [Rock Island Commissary](#) makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

## **November Begins Commissary's**

**Holiday Savings:** Commissary customers looking for savings on ingredients for their holiday menus or unique gifts can find all these and more at their local commissary, said the Defense Commissary Agency's sales director. Throughout the month of November, DeCA's industry partners will be hosting many in-store promotions - everything from shopping-sprees giveaways to super-discounted holiday turkey coupons - in honor of Military Family Appreciation Month and Veterans Day, Nov. 11, with extra savings focusing on the holiday season.

## **Send Us Your Family's Favorite**

**Holiday Recipe:** This holiday season, the Defense Commissary Agency and

the Army and Air Force Exchange Service are offering shoppers an opportunity to win shopping sprees, just by entering their favorite recipes. Beginning Nov. 18 and ending midnight Dec. 31, commissary and exchange shoppers can go online to enter their favorite holiday family recipe. Just email your recipe to [www.patriotfamily@aafes.com](mailto:www.patriotfamily@aafes.com). Or if you are surfing [www.commissaries.com](http://www.commissaries.com), on or after **Nov. 18**, you can find a link that will take you to the contest registration page and more information.

## **Can't Find an Item at the Commissary -- Attention All Commissary Shoppers:**

Is there something you just can't find at the commissary? Just let a member of our management team know and we will see if we can bring it in for you. Your commissary - it's worth the trip.

**Sales Flyers:** Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

## **Arsenal Archive**



Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open

Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

## **This Week in Rock Island Arsenal**

**History – Oct. 31-Nov. 6:** Much of the RIA's early work involved cleaning, repairing, and refurbishing surplus equipment that had been used in the Civil War. On Nov. 1, 1875, leather workers at the RIA were recovering saddles with new leather. On Nov. 2, 1917, Special Order #351 sent six additional RIA representatives to France to study methods of manufacturing recoil mechanisms for gun carriages. William Henry Harrison negotiated and signed for the U.S. a treaty with several minor Sauk and Fox Indian chiefs in St. Louis. The ceded land included Rock Island. In November 1902, the RIA organized a drafting room.

## **Healthbeat**



## **Military Medicine Works on**

**Managing Pain:** Military medicine is seeking additional ways to help patients manage their pain instead of just prescribing powerful drugs, the chief of staff of the Army's pain management



task force said here today. Col. Kevin Galloway told the Defense Writers Group that the military had to start looking at pain comprehensively. "We were always asked how pain related to soldier suicides, to drug abuse, and so on," said Galloway -- a registered nurse. "As we looked at our strategy in Army medicine, very honestly, we didn't think it was as comprehensive as it should have been. ([More](#))

**Health Clinic Announcement:** Sick Call Hours 7-8 a.m. Clinic closed **Nov. 11** – in honor of Veterans Day. Clinic closed **Nov. 18** at 11:30 a.m. for – Staff Meeting and Training. For any Issues or Concerns with the RIAHC clinic please call our Customer Support Line – (309) 782-0721.

## Notes for Veterans

**New White House Initiatives Aim to Bring Vets Into Health Care Industry:** The White House announced a pair of initiatives Tuesday intended to help veterans find jobs in health care as part of its wider push to create 100,000 jobs for former military members and their spouses by 2014. First, the administration said it would push the nation's 8,000 community health centers

each to hire one veteran, on average, over the next three years, positions paid for by federal funds already appropriated to help them hire more workers. ([More](#))

### **VA Updates Information Sharing Rule with DoD Federal Rule Change Enhances Collaboration and Preserves Patient Privacy:**

The Department of Veterans Affairs (VA) has announced that it is amending an agency rule in the Code of Federal Register (C.F.R.) to remove an inappropriate restriction on sharing of information about treatment for certain types of medical conditions with the Department of Defense (DoD). This update to the regulation removes the restrictive VA provision and enhances VA's collaboration with DoD so Veterans can receive better and more timely treatment, services and benefits. "VA and DoD clinicians must have the most accurate and comprehensive data available to ensure they provide the highest quality care possible. We have discovered that, particularly in this age of electronic health records, this regulatory restriction created an impediment to maximizing this exchange of information," said Eric Shinseki, Secretary of Veterans Affairs. ([More](#))

## Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

## Car Pool:

- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.

## Around the Q.C.

**Oct. 21-Nov. 23:** [Cultural Stories Art Exhibition](#) (Quad City Arts)  
**Oct. 22-March 24:** [Quad City Mallards](#) (iWireless Center)  
**Nov. 4-6:** [Quad Cities Antique Spectacular](#) (QCCA Expo Center)  
**Nov. 5:** [Mississippi River Valley Art Fall Drive](#) (Quad Cities and beyond)  
**Nov. 8:** [Go Red for Women Luncheon & Silent Auction](#) (RiverCenter)  
**Nov. 10-12:** [Muddy Water Tattoo Convention](#) (Quad-Cities Waterfront Convention Center)



**Nov. 11:** [Health & Wellness Fair](#) (Western Illinois university-Quad Cities)  
**Nov. 12:** [Hawk Hustle](#) (BlackHawk College, Moline)  
**Nov. 12:** [Iowa Pro & NPC Battle of Champions](#) (RiverCenter)  
**Nov. 12:** [Gifts N Time Holiday Fair](#) (Golden Leaf Banquet Center)  
**Nov. 13:** [Doll, Toy & Bear Show](#) (Mississippi Valley Fairgrounds)  
**Nov. 18:** [Santa's Arrival & Live Remote](#) (SouthPark Mall)  
**Nov. 18-27:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 19:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 19:** [Lighting on the John Deere Commons](#) (Moline)  
**Nov. 19:** [Holiday Pops Concert](#) (Downtown Moline)  
**Nov. 19:** [Santa's Arrival](#) (NorthPark Mall)  
**Nov. 19-27:** [Lights of the Season](#) (Downtown Davenport)  
**Nov. 24:** [25<sup>th</sup> Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)  
**Nov. 25:** [Final Friday-Holiday Opening Party & Shopping](#) (Bucktown Center)  
**Nov. 25-27:** [22<sup>nd</sup> Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA Expo Center)  
**Dec. 2:** [Gallery Hop!](#) (Downtown Rock Island)  
**Dec. 2-3:** [Christmas in the Village](#) (Village of East Davenport)  
**Dec. 3:** [Winter Sparkle Fireworks](#) (Village of East Davenport)  
**Dec. 11:** [Holiday Magic](#) (Quad-Cities Waterfront Convention Center)  
**Dec. 16:** [Final Friday-Indoor Christmas Walk & Wine Tasting](#) (Bucktown Center)

**Dec. 27:** [Art @ the Airport](#) (Quad City International Airport)  
**Jan. 6-8:** [Bald Eagle Days](#) (QCCA Expo Center)  
**Jan. 13-15:** [Quad Cities Boat & Vacation Show](#) (RiverCenter)  
**Jan. 15-17:** [21<sup>st</sup> Quad Cities Farm Show](#) (QCCA Expo Center)  
**Jan. 20-22:** [Rod & Custom Show](#) (QCCA Expo Center)  
**Feb. 10-12:** [QC Home Builders Show](#) (QCCA Expo Center)  
**Feb. 10-12:** [Iowa/Illinois Regional Auto Show](#) (RiverCenter)  
**Feb. 16-19:** [Outdoor Show](#) (QCCA Expo Center)  
**Feb. 24-26:** [RV Camping Show](#) (QCCA Expo Center)  
**March 23-25:** [Flower & Garden Show](#) (QCCA Expo Center)  
**April 14:** [In-Fisherman Swap Meet](#) (QCCA Expo Center)  
**March 3-4:** [KWQC-6 Women's Health & Lifestyle Fair](#) (RiverCenter)  
**May 12-13:** [Scott County Kennel Club AKC Dog Show](#) (QCCA Expo Center)  
**March 14-17:** [Gathering of the Green](#) (RiverCenter)



## Island Insight



**Joel Himsl**, Garrison Manager;  
**Eric Cramer**, Public Affairs Officer;  
**Mark Kane**, Editor

*The Army publication, Island Insight, is an unofficial*



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